

## **Kindergarten**

Developing fundamental movement patterns is the primary focus of the kindergarten physical education curriculum. Children will be at various levels of maturity across all skills and should demonstrate continuous improvement in movement under very simple conditions. While developing fundamental skill patterns, the students will begin to learn key movement concepts that help them perform in a variety of educational games, educational dances, and educational gymnastics. They will learn how their bodies react to vigorous physical activity. Students will learn to use safe practices, cooperate with and respect others, and follow classroom rules. Experiences in physical education will help them develop a positive attitude for leading a healthy, active lifestyle.

### **Skilled Movement**

- K.1 The student will demonstrate a minimum of two critical elements (isolated, small parts of the whole skill or movement) for locomotor, non-manipulative, and manipulative skills.
- a) Demonstrate a minimum of two critical elements used in the locomotor skills of walking, running, hopping, jumping and landing, galloping, sliding, and skipping.
  - b) Demonstrate a minimum of two critical elements used in the non-manipulative movements of bending, pushing, pulling, stretching, turning, twisting, swinging, swaying, rocking, balancing, and rolling.
  - c) Demonstrate a minimum of two critical elements used in stationary manipulative skills (e.g., toss and throw to targets, bounce and catch, toss and catch, kick to target, strike with paddle, dribble, roll, trap, volley with hand).
  - d) Demonstrate a minimum of two critical elements used in manipulative skills while moving.
  - e) Demonstrate moving to a rhythm, using basic rhythmic patterns.

### **Movement Principles and Concepts**

- K.2 The student will demonstrate use of the movement concepts of *directions*, *levels*, *pathways*, and *effort* while performing locomotor skills.

### **Personal Fitness**

- K.3 The student will participate for short periods of time in moderate-to-vigorous physical activities that cause increased heart rate, breathing rate, and perspiration.

### **Responsible Behaviors**

- K.4 The student will use appropriate behaviors and safe practices in physical activity settings.
- a) Demonstrate good listening skills when learning procedures and receiving instruction.
  - b) Demonstrate ability to share, and be cooperative and safe with others.

### **Physically Active Lifestyle**

- K.5 The student will participate in regular physical activity.
- K.6 The student will explain why physical activity is good for health.